

Hospice Memorials

When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. Thank you for choosing Craven County Hospice.

Please make the check payable to **CCHD– Foundation**.

William “Bill” Gilgo

James and Marilyn Ragan

Paula and Murray Gilgo

William & Margaret

Faulkenberry

Frank R. Cleveland

Eddie and Rena Knott

Linda and William Taylor

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Doris and Russell Lausten

Tom Robinson

Linda Wilcox

Victor Hodson

Robert and Ida Straley

Anonymous

Fred and Annette Wagner

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Grace Gumbrecht

Russell and Carol Erwin

Dr. Robert Fisher

Arlene Keroack

Robert Sager

Ken Bell

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Betty Decamp

Robert Nobles

Myrtle Nobles



Hospice News

Volume XXXV, Issue 1 Spring 2015
Craven County Hospice

Quality Service in Craven County for Over 30 Years

A Hospice Volunteer's Story

Great Moments Can Be Small Moments

Years ago my sister told me she had three months to live. She asked me to “help her die.” Stunned, I asked her what she meant and she gave me a list with the following:

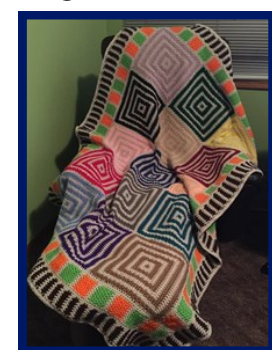
- Die at home
- No artificial means to keep her alive
- Comfort meds only
- A living will, and
- To die with dignity

We worked everything out as she wanted; her doctor cooperated with us. A living will was drawn up, but at the time, a living will was not recognized in the state. She died at home with no tubes to keep her alive; her doctor or a nurse came in regularly to administer drugs for pain. My sister died with dignity.

The above is all provided with hospice care. But, my sister died in 1978, and there was no hospice yet. Elizabeth Kubler Ross was talking about a different way of dying but it was not yet accepted. I never forgot the experience of watching a loved one die.

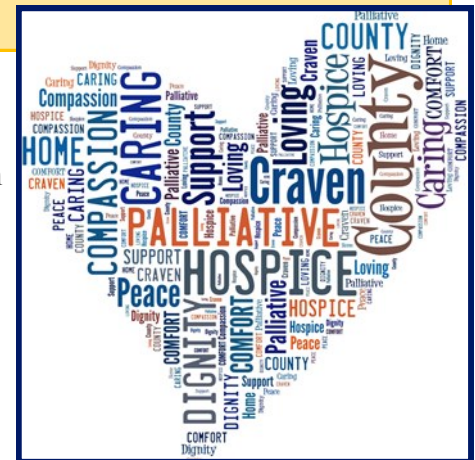
Thirty years later, after I retired from work, I found I was tired of playing Bunco and cards. I wanted something more in my life. I contacted Casa de la Luz Hospice and became a volunteer. Now, I don't think I have done anything more important in my life. I had been conditioned to think that my life revolved around the special moments-marriage, raising children, children graduating, more marriages, and then grandchildren. These things are all important and worth remembering. But, by becoming a hospice volunteer, I have learned that great moments can be what may be a small moment. I am thinking of being with a patient, sitting vigil. A harpist came and began to play; I was near the patient. The patient opened her eyes and asked me, “Am I in Heaven now?” I replied, “No. Not yet.” That was a moment, small to others, but big to me, that I will not forget.

It doesn't take me long to become involved with a patient. It's important to me to learn about the patient's past, family, likes, dislikes, and what makes the patient smile. The patient learns that I am there to help, to listen, and to be quiet—whatever the patient needs. We share experiences, have new experiences, and all is confidential. I'm surprised, sometimes, at what I hear.



Each patient is different and has different needs. For example, if I am told a patient isn't eating enough, then I arrange my visits around the lunch hour so that I can encourage the patient to eat. You'd be surprised how many patients now eat dessert first and then their lunch. On holidays I try to dress the season—maybe a Halloween shirt, a Santa hat, or red, white and blue for the 4th of July. Little things mean a lot to a terminally ill individual who is alone and has outlived his/her family and friends.

I am also a knitter. I love to knit prayer shawls and afghans for our hospice patients. I have a memory afghan that I knitted a couple of years ago. It is made up of 20 individual squares, each knitted with a different pattern and then sewn together. Each of the squares was knitted while I visited my patients. I treasure it.



Craven County Hospice
PO Drawer 12610
2818 Neuse Blvd
New Bern, NC 28561



Hospice is a coordinated palliative and supportive care (physical, psychological, social, and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.

Slow Cooker Chicken Chili

A Craven County Hospice Employee Favorite

Ingredients

16 oz. jar Salsa Verde
1 can Rotel tomatoes and chilies
2 cans white beans
1 can chicken broth
1 can corn, drained
1 sm onion, chopped
1/2 tsp dried oregano, 1/4 tsp. ground cumin
3 boneless, skinless chicken breasts

Directions

1. Mix all ingredients except chicken in slow-cooker.
2. Lay chicken on top and cook for 6 hours.
3. Remove chicken to plate, shred and return to slow cooker. Stir, add salt and pepper to taste and serve.



Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice, PO Drawer 12610, New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov

Happenings at Hospice



Craven County Hospice offers free assistance to anyone wanting to complete an Advance Directive- Living Will and/or a Health Care Power of Attorney. Please call 252-636-4930, to schedule a time to complete your Advanced Directive. Look for our “Bucket List” Board around town. What would you like to do, before you die? Hopefully one thing is to complete an Advanced Directive and let your final wishes be known.

The annual Spring Breakfast Fundraiser will held on May 13 at 8 am at the NC History Center. Call now to reserve your table. \$125 will hold your spot, guarantee a delicious breakfast and help raise money for hospice.

Are you interested in becoming a **Hospice Volunteer**? We are looking for dedicated men and women of all ages, who are willing to give of their time and talents, both in patient care and office assistance. We especially need volunteers in the Havelock ,Vanceboro and Cove City areas. Volunteer Training will be held April 15 and 16 from 9am -3pm at Craven County Hospice Board Room. If you would like to Volunteer, or need more information, please call 252-636-4930.



Check out our Facebook page and check back often -Craven County Hospice.



A Volunteer's Story (continued)

I carry a hospice bag with me at all times. In it I have a book to read, crossword puzzles, snacks and water, and of course, my knitting. As a vigil volunteer, I never know how long my visit will be. I like to be available day or night to keep vigil with a dying patient. If I'm going for a companion visit with a patient, I try to keep it to one or two hours. I watch to see how the patient is holding up; is he/she looking tired? I will drive anywhere to see a patient. Distance is not a problem to me.

I cannot explain the reward I receive by comforting someone who is in need. I just know that the reward is huge, and I think my patients can “feel” my energy.

Being a hospice volunteer is not for everyone. But, to me and the other volunteers, our rewards are well worth it.

Often, I am asked, “How can you watch someone die?” My reply is, “I don’t watch a patient die; I believe that I’m there to help them pass on to the next stage of life.”

By Diane Gilbert, volunteer of two years at Casa de la Luz, Tucson Arizona

Craven County Hospice Volunteers are ramping up to help with the Spring Breakfast. The yearly fundraiser for hospice affords the volunteers an opportunity to wear a different hat and switch gears. It’s hard work ,but always fun working together, planning the event, and seeing the final results. It is truly a joint effort and usually a very successful one.

Congratulations to Brittany Scott, Social Work Intern and Hospice Volunteer, for being accepted to ECU’s graduate program for Social Work. Way to go, Brittany!

Pet Therapy Volunteer Sarah Gould and Cruella, her dog in training, spoke at the February monthly volunteer meeting. She explained what Pet Therapy dogs do, the training required, and how the pets get the designation. Sarah belongs to a group called Love on a Leash that certifies the animal for Therapy pets. She has three therapy dogs; Maddie, Beekie and Cruella. They take turns going to various sites. Sarah and one of the pups visit patients at the VA hospital, the Wounded Warriors, and New Bern Cancer Care’s Infusion room once a week. They always bring a smile to the faces of the patients. We all learned a great deal about Pet Therapy and enjoyed having Sarah and Cru to brighten our day!



Cru-the youngest of Sarah’s, Therapy dogs is still in training, but is, oh, so cute!

Suggested Reading

Being Mortal, by Dr. Atul Gawande

In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures – in his own practices as well as others’ – as life draws to a close. And he discovers how we can do better. He follows a hospice nurse on her rounds, a geriatrician in his clinic, and reformers turning nursing homes upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about. Riveting, honest, and humane, *Being Mortal* shows that the ultimate goal is not a good death but a good life – all the way to the very end.

Wish List

Have you ever received restaurant gift cards right after you started your diet? Does your book club or alumni association get together for service projects? Perhaps you’d like to help us by collecting and donating items from our wish list. Thank you!

Twin XL sheets
Wipes

Baby Monitors
Disposable gloves

Plastic Wash Basins
Washcloths

